

## October Lesson Plan: Walking in the Footsteps of St. Francis

### Franciscan Identity, Vocation, and Gospel Living

October is a month of deep Franciscan reflection as we celebrate the **Feast of St. Francis** and renew our identity as those who follow his way of joyful humility, Gospel simplicity, and fraternal love.

This month invites us to explore:

- Who we are in light of **Franciscan heritage**
- The **life and charism** of St. Francis as a model for our own discipleship
- The call to **live the Rule faithfully** through prayer, community, justice, and love
- The reality of **profession and vocation** as ongoing “yes” to Christ
- The daily practice of becoming people of Gospel-centered presence

### Key Question:

**How am I living as a Franciscan today—in attitude, action, and relationship?**

### Welcome & Centering Prayer

Place a Tau cross or an image of St. Francis at the center.

### Opening prayer:

*“God of all holiness, You shaped the heart of St. Francis to reflect Your humble love. Form our hearts in the same spirit. Help us walk in his footsteps with sincerity, courage, and joy. Amen.”*

### Opening

#### Suggested Scripture Passages

- **Matthew 10:7–10** — Go forth with simplicity, trusting God.
- **Galatians 6:14–16** — A new creation in Christ, which Francis lived profoundly.

### Reflection prompts:

- What part of the Gospel resonates with the Franciscan way of life?
- How does Scripture shape the way I think, act, and relate to others as a Franciscan?
- Where might God be inviting me to deeper trust or simplicity?

## Teaching Content (15 minutes)

### A. Franciscan Identity — Who We Are

- Being Franciscan is not primarily what we **do**, but who we **become**.
- Identity shaped by: humility, fraternity, joy, poverty of spirit, and reverence for all creation.
- We carry the Franciscan spirit into daily life, relationships, ministry, and decision-making.

### B. Life and Charism of St. Francis

Key aspects of Francis's witness:

- **Joyful humility**
- **Love for the marginalized and forgotten**
- **Living the Gospel without compromise**
- **Radical trust in God's providence**
- **Peacemaking and reconciliation**
- **Simplicity rooted in love, not ideology**

His life continues to call us to authenticity, compassion, and joyful service.

### C. Living the Rule Faithfully

The Rule invites:

- A life of **prayer**
- **Fraternal living**
- **Commitment to peace and justice**
- A spirit of **simplicity and detachment**
- Service to those in need
- **Communal support** and accountability

Franciscans live the Rule with sincerity, not perfection.

### D. Profession and Vocation: A Lifelong “Yes”

- Profession is not a one-time moment—it is a **daily response** to God's call.
- Each day invites renewed commitment:
  - to love more deeply
  - to listen more attentively
  - to serve more generously

- to follow Christ more faithfully
- Vocation is both personal and communal; we discern together how to live our mission.

*Prompts for deeper dialogue:*

*Choose from these prompts:*

- *How does my daily life express the Franciscan charism?*
- *In what ways do I reflect the joy, humility, or compassion of St. Francis?*
- *How do I nurture my vocation?*
- *What parts of the Rule are most challenging for me?*
- *How does fraternity help me live my identity as a Franciscan?*

## **Love in Action: Evangelical Simplicity**

✓ **Share your faith gently through action:**

**Practice kindness, patience, and generosity as silent evangelizing.**

✓ **Read a short passage from the life of St. Francis each week.**

**Let his example inspire your choices and priorities.**

✓ **Choose one habit to simplify further (food, schedule, possessions). Create space to hear God more clearly.**

## ***Gospel Simplicity***

- *Where do I spend my time, energy, and attention?*
- *What distracts me from living the Gospel?*
- *What habit or desire is God inviting me to release?*

## ***Monthly Prayer***

***“Lord, let my life speak Your Gospel without noise.”***

***Pray this slowly each morning or before encounters with others.***

## ***Prayer (3 minutes)***

***“Most High God, You gave St. Francis to the world as a living Gospel. Help us follow his footsteps with courage and generosity. May our lives reflect Your joy, Your peace, and Your love. Strengthen our vocation and make us instruments of Your grace. Amen.”***

Notes: